# Star Breathing

Duration: 3–5 minutes
Materials: None

Description:
Students use their hand as a guide for breathing. They trace their hand like a star, inhaling as they slide up each finger and exhaling as they slide down. "Take 5 Breathing" works anywhere because you always have your hand with you!
Steps:

- Stretch your hand out like a star.
- Place the pointer finger of your opposite hand at the base of your thumb, ready to trace.
- Slowly slide up each finger and down the other side.
- Inhale through your nose as you slide up; exhale through your mouth as you slide down.
- Continue until you have traced your entire hand.
- Repeat as needed.

Why: Combines tactile movement with focused breathing for a calming effect. Kahneman (2011) describes stress through out our two cognitive systems. Stress causes system 1 dominance, leading to impulsive responses and reduced thoughtful decisionmaking. Mindfulness activates system 2, improving focus and reducing stress.

Learn more: Obradović, J., Sulik, M. J., & Armstrong-Carter, E. (2021). Taking a few deep breaths significantly reduces children's physiological arousal in everyday settings: Results of a preregistered video intervention. Developmental Psychobiology, 63(8), e22214.

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